

BUPA 5 KM TRAINING PROGRAMME - INTERMEDIATE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	2 miles easy	2 miles easy	2 miles easy	3 miles easy	3 miles easy	3 miles easy	3 miles easy	2 miles easy
DAY 3	30 minutes tempo	30 minutes tempo	40 minutes tempo	40 minutes tempo	40 minutes tempo	40 minutes tempo	30 minutes tempo	30 minutes tempo
DAY 4	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 5	20 minutes speed	20 minutes speed	20 minutes speed	30 minutes speed	30 minutes speed	30 minutes speed	20 minutes speed	2 miles easy
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	3 miles	4 miles	4 miles	5 miles	5 miles	5 miles	5 miles	5km race

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